

**TURNING
THE
PAGE
CENTRAL
LIBRARY
SLATED
FOR EAST
VILLAGE**

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SOFT-SPOKEN RYAN GOSLING CLAIMS HE'S NO PICKUP ARTIST

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CALGARY

metr[®]

Wednesday, July 27,
2011

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► Calgary Stampeders outliner Shelby donates blood yesterday with support from her peers Kendra, left, and Amy.

JEREMY NOLAIS/METRO

It takes all types of donors

Calgary Stampeders players and outriders took time from mid-week game preparations to donate blood yesterday at the Canadian Blood Services' downtown centre. The football club has pledged to make at least 20 donations this year.

HAWC flies dad to dying son

- Thought to be the first time police used helicopter this way
- Five-year-old died after falling in the water at Sylvan Lake



JEREMY
NOLAIS
@METRONEWS.CA

With his son fighting for his life, a Calgary father was rushed to his bedside by police helicopter Monday night.

RCMP issued a call for assistance to locate the father of a five-year-old boy pulled from Sylvan Lake in central Alberta at about 6:45 p.m.

Calgary police found the child's father and at first they intended to transport the distraught dad via police vehicle to a Red Deer hospital where his son was being treated.

However, given the grave circumstances and the condition of the youngster, police decided to deploy a HAWC helicopter that was already patrolling local skies, Calgary police spokesperson Kevin Brookwell said.

"It was the right thing to do,"

he said yesterday. "I think that was a very prudent and safe thing to do and the resource was already there."

The boy was pronounced dead in hospital Monday night. His identity has not been released.

RCMP spokesperson Patrick Webb said he believes the father made it to his son before it was too late.

Webb said it is believed the boy was not under close observation and ended up in the water near the summer village of Norglenwold on the west side of Sylvan Lake.

"This is truly a tragedy for the family," he said.

Carol McMillan, Norglenwold's mayor, said she learned of the incident yesterday morning.

"I was absolutely shocked," she said. "This is a quiet summertime community.... It's awful."

● WITH FILES FROM KATIE TURNER



COURTESY OF CALGARY POLICE SERVICE

► HAWCs have patrolled Calgary for some 16 years.

True blue

► It costs about \$750 an hour to operate the HAWC. But police point out it was already in service when used to transport a distraught father Monday.

► The helicopter trip to Red Deer took 45 minutes each way, Calgary police say.



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Nissan dealership targeted in heist

Police are warning potential car buyers to be careful when purchasing listed Nissans, especially those with low mileage, after 12 Nissans were stolen from a northeast dealership on Sunday.

It was during an inventory count at Sunridge Nissan early in the week that the stolen vehicles' absence was first noticed.

The offenders allegedly entered the dealership through the main door and took the keys to the vehicles.

Police are currently looking at the dealership's surveillance tapes in hopes of finding more information.

"It does happen in the car industry from time to time, and dealerships do a fairly good job of protecting

themselves," said Jordon Romeril, general sales manager at Sunridge Nissan. "But sometimes, no matter what steps you take, (thieves) can find a way around them."

Romeril wouldn't say whether he thought it was an inside job. The vehicles have been flagged and therefore cannot be registered. ● YASMIN JASWAL



► Sunridge Nissan general sales manager Jordon Romeril.

Library begins new chapter

► At 300,000 square feet, the new building will be nearly double the size of the library's current location



KATIE TURNER
@METRONEWS.CA

Calgary's central library has turned a new page and a long-overdue new location has been approved in the East Village.

"It's been a long book to write, but this is another important chapter in the history of the Calgary Public Library," said library CEO Gerry Meek.

Meek said the site was chosen mainly due to its access to transit and the potential to create a "cultural campus," which could house exhibits and performance spaces.

When asked if the reputation of the East Village as an unsafe neighbourhood will deter people, Mayor Naheed Nenshi said it's no longer an issue.

"That part of the city is really improving, and this will add to that — and, in

Building costs

- On Monday, council committed \$175 million to building the new library.
- The project is expected to cost between \$225-\$250 million.
- The new site is located directly across the street from city hall near 3rd Street SE.

fact, it's no longer dodgy," he said.

The current central library building will continue to operate until the new site is built and will then be turned over to the city.

"We could either sell it to get the revenue. It's a great location," said Ald. Druh Farrell. "Or we're always in need of extra office space, but we'll have to determine what the use will be."



► The East Village will now officially be home to the new Central Library in Calgary after council approved the location yesterday.

Faded sticker could cost pizza maker his business

David Kunz wasn't allowed to serve pizza at the Folk Festival.

Instead, the small-business owner, who had his pizza rig approved weeks earlier for the Stampede, will likely have to shut down Pizza Prana and move on due to a faded CSA

30-50K The amount Kunz would have netted during the Folk Festival.

sticker that City of Calgary building inspectors could not approve on his oven.

"They couldn't see the

CSA sticker, and I could not produce the original documents," Kunz said.

According to the city of Calgary, the establishment was under a tented structure and therefore fell under city building code and required a clear, valid sticker. ● TODD VAUGHAN

News in brief

New fire station for Symons Valley

2012. The Calgary Fire Department broke ground yesterday in Symons Valley, where the new fire station will be built. The 15,000-square-foot,

\$16.1-million building is expected to be open by mid-2012. ● METRO

Barn fire kills 500 pigs

AIRDRIE. More than 500 pigs are dead after a Sand Hill Hutterite farm barn, located northeast of Airdrie, caught fire. No humans were injured in the fire. The cause of fire is not yet known. ● METRO

1
news



Ultra-low-calorie foods aim to keep dieters in touch with their inner glutton. Scan code for story.

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Should investors rely on news of international debt woes or strong corporate earnings? Allan Small has more at metronews.ca/investing



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04

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WEDNESDAY, JULY 27, 2011



► Joanne and her seven-year-old son are one of many families staying at Inn from the Cold. After some difficulty finding an affordable home, she is moving out at the end of the month.

More families face homelessness

► Inn from the Cold has to turn families away ► City is three years into 10-year plan to end homelessness



KATIE
TURNER
@METRONWS.CA

While great effort is being made to find housing for homeless people, a local shelter is seeing a record number of families coming through the door.

Spring and summer tend to be busy for Inn from the Cold, but executive director Yvette Rasmussen said this year has seen an "unusual spike."

"We know that we're going to get our worst month in September," she said.

Joanne, a mother of three, struggled with addiction and, in May,

38
The number of children under 17 spiked recently at Inn from the Cold, reaching 38. Capacity at the Inn is 110 people.

sought shelter at the Inn with her seven-year-old son.

After undergoing treatment, she said she was eager to find her own home. But since Calgary has a limited selection of affordable housing, Joanne said it's been hard to find the

right space for a family.

"I would take whatever," she said. "When you have kids, you need to find somewhere stable and safe."

Tim Richter, CEO of the Calgary Homeless Foundation, said more than 500 families have been housed in the past three years, but his group is looking at data from the past two to three years to see if the plan needs to be adapted.

"With a homeless individual, you're dealing with addictions and mental-health needs. With families, you're dealing with groups of people with those needs, and so it's often challenging."

POLICE REPORT

Youth crimes plummet

New statistics suggest criminal activity continues to decline in Calgary.

Police released figures yesterday that show reported youth Criminal Code offences were down nearly 25 per cent in 2010 compared to the

five-year average.

"We singularly do not do it on our own," acting Insp. Curtis Olson said about the falling crime rate. "We do really work together with our community partners."

Yesterday's numbers come on the heels of a Statistics Canada report last week that found Calgary's overall crime rate dipped five per cent last year and the severity of crimes also diminished. ● METRO

Abducted man safe

The victim of an alleged kidnapping in Lethbridge has been found. Daniel Michael Cooke, 20, went missing after a home invasion involving two men with firearms on Monday after 1 a.m. Police said tips from the public helped find him. Cooke was released from hospital after being treated for non-life-threatening injuries. ● METRO

Quebec reels from Layton's sick leave

- ▶ NDP won 59 of province's 75 seats in election
- ▶ Layton's leadership key to Quebecers' support

Quebecers are expressing sadness and shock at the news that Jack Layton is taking a sick leave less than three months after his historic electoral triumph in the province.

Major newspapers, politicians of different stripes and regular citizens offered words of encouragement yesterday to the NDP leader in his battle against cancer.

In the recent federal election, Quebec voters nearly wiped the Bloc Québécois off the map and were so keen to support Layton's party that, in some cases, they elected people who had never even seen their riding. A common



▶ NDP Leader Jack Layton

refrain heard in Quebec after the election was, "I voted for Jack."

But one central Quebec businessman, Jean-Guy Otis, said he still has no regrets about voting NDP. He said the party is bigger than just one man.

"I don't believe that one leader, that one person, can be the NDP," said Otis.

But one Bloc incumbent defeated in the federal election shared an anecdote to illustrate the role Layton's personal popularity played in the NDP breakthrough.

Marc Lemay, the former Bloc MP for Abitibi-Temiscamingue, said his election observers reported that, on May 2, at least three voters left voting centres without casting a ballot.

They apparently refused to vote because they didn't see Layton's name listed among the local candidates.

THE CANADIAN PRESS

Men. Boxers



▶ Models run in the rain across George Street in Ottawa yesterday afternoon while promoting Moores' second annual suit drive.

JESSICA SMITH/METRO

Models run for cover

Moores Clothing for Men sent scantily clad male models out onto the streets of major cities across Canada yesterday to help raise awareness of their clothing drive. The company is giving customers who donate 50 per cent off on a new suit.

War-crime website a hit, says minister

Federal Public Safety Minister Vic Toews says a new website with suspected war criminals in Canada might expand to cover domestic crimes committed by foreigners.

He made the comment after the arrest of Manuel De La Torre Herrera, a suspected war criminal listed on the website. The Canadian Border Services Agency says Herrera was part of a brutal government regime in Peru, and was denied a refugee claim several years ago. He went underground and was only found this week.

Herrera is the third suspect caught since the government launched the website featuring 30 of the most-wanted suspects.

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Maria Contreras
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than you think. It simply calls for the right plan – one built around paying yourself first without feeling the pinch. Start by determining three things:

Where do you want to go?

In other words, decide what kind of adventure you want to save for. A romantic getaway? A sightseeing road trip with your family?

A long weekend that's all relaxation? Wherever and whatever you decide is entirely up to you, because, after all, this is about rewarding yourself with an escape you'll never forget.

When do you want to go there? Is it six months from now? A year? Once you've

figured out where you want to go and for how long, you'll have a better idea how much to save each week or month. But what if saving, say, \$25 a week for the next year seems unrealistic?

Where can you find extra funds? What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll

see a few items you can save on. For instance, one less latte or takeout lunch could save you \$5 a day. That's \$25 each workweek or \$1,300 a year – it adds up fast!

Don't you deserve to pay yourself first? Sure, spending a little less every day can help. But, most importantly, set up a separate, dedicated savings account with automatic online transfers right after you get your

paycheque – that way you'll always make sure to put aside the funds you need to help reach your goal, right from the start. So get on your way to getting away. And start saving for it, today.

4 SIMPLE STEPS

1. **Decide where you want to go and a realistic timeline to save the funds to get there**
2. **Look closely at how much you're spending and where you can save**
3. **Open a dedicated savings account**
4. **Set up automatic online transfers to pay yourself first, right after payday**

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'Keystone Kops' face criticism

When Anders Behring Breivik launched his assault on campers on Norway's Utoya Island, he expected special forces to swoop and stop him fast. But he was given time to kill.

Officers of Oslo's Delta Force had to drive — because police don't own a transport helicopter.

Then they were rescued by a civilian boat when their own broke down as it tried to navigate a one-minute hop to the island.

It took police more than 90 minutes to reach the gunman, who had mortally wounded 68 people.

International experts said Norway's government and security forces must learn stark lessons from the killings — made worse by lackadaisical planning for terror.

Andrew Silke, director of terrorism studies at the University of East London, called the police response "a bit Keystone Kops."

THE ASSOCIATED PRESS

'We're human'



► Police spokesperson Johan Fredriksen, above,

rebuffed journalists' questions yesterday about the planning and equipment failures that gave Breivik untold extra minutes to kill.

- Fredriksen called the criticisms "unworthy."
- "We can take a lot, we're professional, but we are also human beings," Fredriksen said.



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EMILIO MORENATTI/THE ASSOCIATED PRESS

Grieving dad recalls last words of his 'teddy bear'

- ▶ 'Someone is shooting,' Norway massacre victim said in final phone call
- ▶ Gunman regards himself as 'some kind of saviour,' his lawyer says

The father of one of the Norway massacre victims said his son's last words were "Dad, someone is shooting."

Gunnar Linaker's father said Gunnar was "a calm, big teddy bear with lots of humour and lots of love."

His voice weak and trembling, Roald Linaker said he had been on the phone with his 23-year-old son when the shooting started.

"He said to me: 'Dad, dad, someone is shooting,' and then he hung up."

That was the last he heard from his son. Gunnar was wounded and was taken to a nearby hospital, where he died Saturday.

Is he insane?



Anders Behring Breivik, the 32-year-old who has confessed to the massacre,

is likely insane, says his lawyer.

▶ He is unaware of the impact of the attacks and asked his defence counsel how many people he had killed, lawyer Geir Lippestad said yesterday.

▶ Lippestad said Breivik took drugs to "to be strong, to be efficient, to keep him awake" during the 90-minute attack.

His 17-year-old sister also was at the camp but survived, Roald Linaker said.

Yesterday, the newspaper Dagbladet posted the names of victims.

Three of the victims did not appear to be ethnic

Norwegians — examples of the multi-ethnic Norway that gunman Anders Behring Breivik says he despised.

The Friday attacks began with a bombing outside the building that

houses the prime minister's office in Oslo. Eight were killed.

Then, Breivik opened fire on an island retreat for the youth wing of the Labor Party, leaving dozens dead and hundreds of terrified young people scrambling to escape, many trying to swim away.

Though Breivik has been charged with acts of terrorism, lawyer Geir Lippestad said he could also be charged with crimes against humanity.

Although the stiffest sentence in Norway is 21 years, the lawyer said his client would never be set free.

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McD's gets appy and healthy

► U.S. Happy Meal customers can already choose apples instead of fries ► But only about 11 per cent do

McDonald's Corp. is adding apples to all its Happy Meals and launching a nutrition-focused mobile-phone app as part of a broader health push.

The changes underscore how the restaurant industry is reacting to the demands of customers and regulators who blame it for health ills ranging from childhood obesity to diabetes.

Among other changes in McDonald's new program:

- A pledge to reduce sugars, saturated fats and calories through "varied portion sizes, reformulations and innovations" by 2020. By 2015, the fast food chain will reduce sodium by 15 per cent.

- McDonald's will introduce a new mobile app fo-

cused just on nutrition information.

- McDonald's USA president Jan Fields and other executives will go on a "listening tour" in August to hear suggestions from parents and nutrition experts. The chain will also launch a new online forum for parents.

McDonald's says the new directives are "absolutely not" related to impending regulations that will force the industry to curb the marketing of junk food to children and post nutrition information on menus.

Rather, the changes are a response to what customers were asking for, said Cindy Goody, McDonald's senior director of nutrition.

THE ASSOCIATED PRESS

KEITH SRAKOCIC/THE ASSOCIATED PRESS



► A McDonald's Cheeseburger Happy Meal with the new apple-slices option is shown yesterday in Pittsburgh.

Economic woes anger Israelis

Thousands of young protesters have set up sprawling tent camps in Israeli cities, forcing Prime Minister Benjamin Netanyahu yesterday to introduce economic reforms to address a

swell of discontent over high housing costs and stave off the worst domestic crisis of his two years in power.

Netanyahu's reforms, meant to bring down steep housing prices, appeared unlikely to end the crisis, which already has forced him to cancel a high-profile visit to Poland and sent his approval ratings plummeting. THE ASSOCIATED PRESS

Market moment





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Cheaper cell plans hurting Rogers

Rogers Communications Inc. faced tougher cell-phone competition from players big and small alike as the country's largest wireless carrier saw its second-quarter profit drop by nine per cent.

"We're selling and competing in an increasingly competitive market," Rob Bruce, president of Rogers' wireless division, said yesterday.

Rogers said it was hit on a number of fronts in the cellphone market after reporting its net income slipped to \$410 million, or 75 cents a share, down from \$452 million or 77 cents a share a year ago.

"We delivered the results today against a backdrop of fairly intense competition with our incumbent friends Bell and Telus, particularly in the business space with aggressive pricing and promotions," Bruce told reporters on a conference call.

THE CANADIAN PRESS

Walmart.com now streams flicks

The world's largest retailer yesterday started streaming many movies the same day they come out on DVD, in a second bid for a share of popular movie rental and streaming website Netflix Inc.'s business and just two weeks after Netflix announced new price increases.

Wal-Mart Stores Inc. bought video-streaming service Vudu.com 18 months ago and now offers 20,000 titles that can be viewed on almost any



► In this screen shot provided by Wal-Mart Stores Inc., the film True Grit is shown as one of the titles available on the company's new video-streaming service.

device with Internet access, from computers to televisions to Sony's PlayStation3 and other Blu-ray disc players.

Movies are available at Walmart.com to rent for \$1 to \$5.99 or to purchase for \$4.99 and up. Wal-Mart is not offering subscriptions, making its service more similar to Apple Inc.'s iTunes, which charges \$3.99 to rent newly released movies and \$14.99 to buy a movie.

THE ASSOCIATED PRESS

RIM teasing the fans — on Twitter

▶ Canadian technology icon turns to social media as it fights back in tough global smartphone market

Research In Motion is fighting back with a social media event to promote its upcoming BlackBerry devices.

It's the company's latest move to contend with an increasingly competitive smartphone market as it undertakes severe cost-cutting measures.

The Waterloo, Ont.-based company teased followers of its official Twitter feed with an invitation to what it has dubbed BB7FanNight.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company"

STATEMENT FROM RIM

The company says it will provide fans with some details on the previously announced BlackBerry devices, which use its

updated operating system BlackBerry 7.

The announcement came a day after RIM said it would cut 2,000 jobs, or about 11 per cent of its global workforce, to reduce costs.

RIM stock has been hammered in recent months and is hovering near a 52-week low, and though the company has remained profitable it has received criticism from analysts and investors.

THE CANADIAN PRESS

3M. Second quarter



▶ 3M, the Post-it-note pioneer, said yesterday its second-quarter profit rose 3.4 per cent. 3M is seen as an economic bellwether because it makes products ranging from Scotch tape and screens for LCD televisions to phones — and those Post-it notes.

PAUL SAKUMA/THE ASSOCIATED PRESS

Profit rise is worth a Post-it note

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NOT EVERY DOG HAS A DAY LIKE THIS

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Alexander McQueen had it all. The English fashion designer rose from the obligatory humble beginnings in London's East End. He was the son of a taxi driver and a

school drop-out at 16.

By the time he was 40, he was one of the world's leading fashion designers. Kate Middleton's wedding dress, currently the target of pilgrimages to Buckingham Palace where it's on display, is the work of an Alexander McQueen designer.

None of this was able to soothe the beast of depression, and last February, just days after his mother died, Alexander McQueen hanged himself in what the English call a wardrobe ... a closet.

Now comes the task of dividing his 16-million-pound fortune and eyebrows are heightened on both sides of the pond with the news that 50 thousand pounds of it are going to the dogs.

"Three dogs, in fact: Juice, Minter and Callum, the world's luckiest English bull terriers. Fifty thousand pounds will buy a lot of kibble and flea baths, not to mention squeaky toys."

Three dogs, in fact: Juice, Minter and Callum, the world's luckiest English bull terriers.

Fifty thousand pounds will buy a lot of kibble and flea baths, not to mention squeaky toys.

Fifty thousand pounds is the same amount he left his housekeepers — one of whom discovered his body — his godson and each of his nieces and nephews.

To prove that blood is a bit thicker than slobber, he also left 250 thousand to each of his three sisters and two brothers.

But he wasn't done with the dogs — he left 100,000

pounds each to the Battersea Dogs and Cats Home and the Blue Cross animal-welfare charity.

Every dog has his day, but it's not every day the dogs inherit the treasure.

The CEO of the Blue Cross charity is "thrilled." Hard to tell what the dogs think, but tails are wagging all around.

We could put this down to Englishmen and their mad dogs, but it's hardly the dogs that are mad. Juice, Minter and Callum would be perfectly happy with three squares, shelter from the storm and a nice curb, but people like to anthropomorphize their pets, smother them in love and luxury and hope they get a nice greeting at the door in return.

I suspect that whatever Juice, Minter and Callum could have given their master it would have been infinitely less complicated and conditional than the web of relationships that defined his social circle. So I'm sure they're full value for their 50K.

Still, if there's anyone out there who feels compelled to follow Alexander McQueen's lead, rest assured that for \$77,000 Canadian I'll take care of your pooches like they wuz kings. The line forms here.

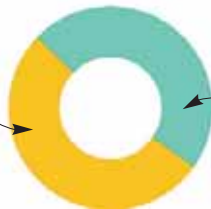
Read more of Paul Sullivan's columns at metronews.ca/justsaying



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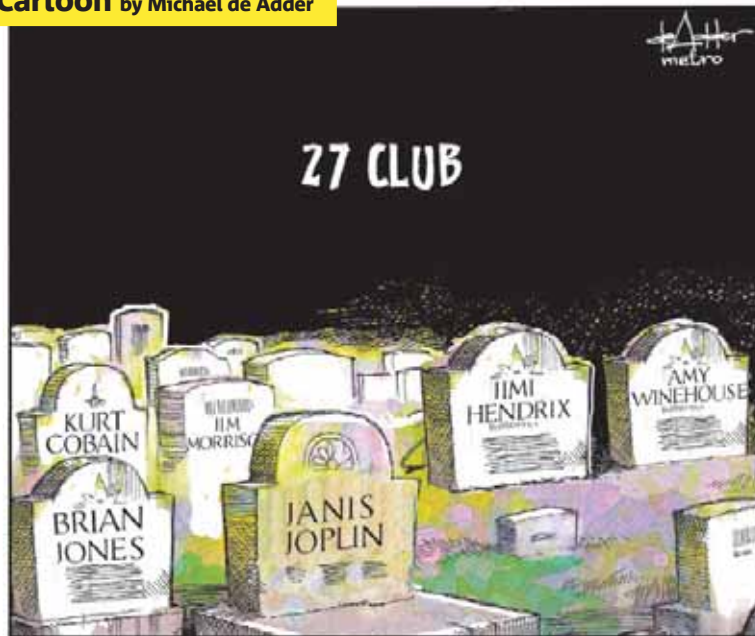
Letters

Re: *She Says* column
(Table for two, please...
non-children) published
July 26

I normally enjoy this article, but today I am a bit offended. Systematically barring any group from a restaurant is textbook discrimination. But I am more worried about the flippant attitude displayed when it comes to "happy meals" and that "you have to sacrifice a little" to go to a restaurant with children. Not all children behave badly. The bigger issue is a battle nationwide, in Canada and the U.S., against obesity. To suggest that these are reasonable alternatives is thoughtless. Think of the health of the kids — this is not a laughing matter. Children become what they become by how they are raised. Take your kids to fast-food joints all the time, and what do you get? Obese, lazy parents who take their kids to fast-food joints. More health problems, higher taxes to treat those problems, then no one will be able to go to nice restaurants because fast food, will be the only affordable option.

MICHAEL WEBER
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Attack of the kangaroo ends with pepper spray

A 94-year-old woman struck an attacking kangaroo with a broom and managed to crawl to safety in her house in the Australian Outback before police subdued it with pepper spray.

Phyllis Johnson said the kangaroo attacked her while she was hanging her laundry in her yard Sunday in the Queensland state town of Charleville. "I thought it was going to kill me," Johnson told The Courier Mail from a hospital bed. "It just plowed through

the clothes on the washing line straight for me."

She said the kangaroo knocked her down and kicked her prone body. Johnson said she managed to get to her feet and grab the broom to hit it.

"She fought it off herself with a bit of help from the family dog," her son, Rob Johnson, said, adding the kangaroo had "a bit of a go" at him when he came home, then he called police.

Senior-Sgt. Stephen Perkins said the first officer to reach the backyard was forced to spray the kangaroo to avoid being injured.

Wildlife rangers trapped the kangaroo. It will be examined by a vet before a decision is made about its future, a government official said.

THE ASSOCIATED PRESS



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Crow



Sheryl Crow is auctioning off a classic car next month with the proceeds going to help rebuild the tornado-ravaged city of Joplin.

THE ASSOCIATED PRESS



With gay marriage legal in New York, actress Heather Matarazzo to wed longtime girlfriend



► Ryan Gosling gets put out of his element in his new movie Crazy, Stupid, Love.

A man of few words

► Soft-spoken and reserved, Ryan Gosling struggles with living in the spotlight ► Crazy, Stupid, Love star tells Metro how he gets past his fear



HEIDI
PATALANO
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METRO WORLD NEWS IN NEW YORK

In an interviewing style that references De Niro's tight-lipped one-word answers or Bob Dylan's absurd responses, it's never easy to pin down Ryan Gosling. But while he promoted his latest film, the romantic comedy Crazy, Stupid, Love, the Notebook star was forced to talk about himself and, unfortunately for him, dating.

So much has been said about casting you in a comedic role. Do think you're funny?

Yes. I'm just trying to convince you of that.

That's it? Just yes?

Uhh ... you want more? It's not good enough. I guess I'm not funny. I'll work on it. I don't know how to answer that.

This project shows off your improv skills. Are there any projects you're interested in that would allow you to do more of that?

No. I don't want to improv. They make me because

they get bored. They're like, be funnier. Make something up. Entertain us. Dance, monkey.

Would you host Saturday Night Live?

I'm too scared. It took me a lot to get up the guts to do this.

What was scary about doing Crazy, Stupid, Love?

I'd never done a comedy before so that was scary. I did it because I love Steve Carrell. I think he's the best. When I first moved to Los Angeles, I did a pilot and I was 17. I had a small

part and so did Steve. He was so funny that I would go to the set to watch him work.

Your character in the film, Jacob, is really good at picking up ladies. Can you relate to him at all?

Not really. I don't know if anyone can. He's kind of like Bugs Bunny. I relate more to Steve's character. It was hard to play Jacob. **So then are you shy around women?**

I don't know how to answer that. They come up to me and then they're disap-

Photoshopped

In Crazy, Stupid, Love, co-star Emma Stone's character says Ryan Gosling's stomach looks like it's been photoshopped since it's so ripped. Gosling shares with us how he got in shape for the role.

► **Quote:** "James Cameron invented this program called the 'Abbatar' where I just wear this motion capture suit and I've got muscles. So yeah, that's all. It was really easy."

pointed that I'm not Ryan Reynolds.

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Hit TV show speaks to geeks

► The Big Bang Theory lovingly pokes fun at nerds: Cast members
► Rating gold: Program was renewed earlier this year for another 3 years

The stars of The Big Bang Theory acknowledge they could well be the outsiders when it comes to the number of people in the world who are nerds. "There's a lot of closeted nerds out there," says Simon Helberg, who plays the perpetually randy Howard Wolowitz on the hit TV show.

"Personally, I'm not into Star Trek or physics or comic books but I know I might be in the minority."

He says co-stars Kunal Nayyar (Raj), Jim Parsons (Sheldon) and Johnny Galecki (Leonard) aren't nerds either, despite how well they play the socially challenged geniuses.

"I think ultimately everyone has those qualities of feeling a little bit like an outsider or being passionate about something," says Helberg, who will host the Tribute to Nerds show with Nayyar at Montreal's Just For Laughs festival on Friday.

The Big Bang Theory, which is seen on CTV, is about four young scientists and their attractive — and comparatively normal — neighbour Penny (Kaley Cuoco).

While the show started strongly in 2007, it really caught fire through word of mouth.

"Nerds will talk," observed Helberg, although

"People relate to it because it's about underdogs and it's about reaching out to the real world and it's about trying to find love and it's about friendship."

ACTOR KUNAL NAYYAR, WHO PLAYS RAJ ON THE BIG BANG THEORY

Nerd icons?

Nayyar says any suggestion the stars are nerd icons is humbling and the idea gives him "goosebumps."

► "I would hope that people who were poked fun at for being nerds or geeks in the past can now wear it proudly and I hope Big Bang had some part to play in it," he said.

► "It's a big responsibility so I'm working on my nerdiness and perfecting it," cast mate Simon Helberg promised.

both he and Nayyar pointed out the show isn't out to just ridicule geeks but also to lovingly poke fun at them.

The show's fourth season finale set the Internet abuzz when Raj ended up sleeping with Penny, Leonard's former girlfriend.

Nayyar and Helberg are surprisingly like their characters when it comes to resolving that situation, with Nayyar saying he'd advise Raj to take a deep breath, not beat himself up, and rebuild his friendship with Leonard.

As for Helberg, he'd tell Raj to rebuild his bridges with Leonard — "and brag quietly to your friends about your victory. Tell Wolowitz all the details because he's not going to let you go without it."

Both Nayyar and Helberg say the cast is as close off-screen as they are on and that contributes to their performances as a tight-knit group of buddies.

"It's a lot of fun," says Nayyar. "We're a family."

THE CANADIAN PRESS



► The Big Bang Theory cast members, left, Simon Helberg, Jim Parsons and Kunal Nayyar pose in Toronto, October 7, 2010.

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Laying Winehouse to rest

- Autopsy fails to determine cause of singer's death
- Police waiting on toxicology tests, results in 2-4 weeks

Friends and family were saying goodbye to Amy Winehouse yesterday at a private funeral ceremony in London.

Producer Mark Ronson and media personality Kelly Osbourne — her hair piled beehive-high in an echo of the singer's trademark style — were among mourners arriving for the service at Edgwarebury Cemetery in north London.

The service was expected to be followed by cremation and a family gathering at a local synagogue.

The soul diva, who had battled alcohol and drug ad-

"Amy was about one thing and that was love." FATHER MITCH WINEHOUSE



diction, was found dead Saturday at her London home. She was 27.

On Monday the singer's father, mother and brother visited the house where she died, thanking mourners who had left flowers.

"Her whole life was devoted to her family and her friends and to you guys as well," father Mitch Winehouse said to fans.

Winehouse released only two albums in her short career — winning five Grammy awards for the second, *Back to Black* — and often made headlines because of drug and alcohol abuse, eating disorders, destructive relationships and abortive performances.

Since her death, her records have re-entered album charts around the world, and tributes have poured in from fans and fellow musicians.

George Michael called her "the most soulful vocalist this country has ever seen," and Adele said she "paved the way for artists like me and made people excited about British music again." **THE ASSOCIATED PRESS**

Amy's ex reacts

Despite their messy split in 2009, Blake Fielder-Civil is "devastated and shattered" by the news of ex-wife Amy Winehouse's death, his current girlfriend, Sarah Aspin, tells the Sun.

"I will never ever again feel the love I felt for her," Fielder-Civil reportedly told Aspin. "Everybody who knew me and knew Amy knew the depth of our love. I can't believe she's dead."

Staff at the jail where Fielder-Civil is currently serving out a three-year sentence for burglary and firearm possession have been instructed to keep a closer eye on him. "He just can't take it in that she's dead and he'll never see her again," Aspin says.



► Kelly Osbourne arrives at Golders Green Crematorium for the funeral ceremony of British singer Amy Winehouse, north London, yesterday.

Biebs and his old man get matching tats

Justin Bieber wasn't alone when he went under the tattoo needle recently.

The pop sensation recently had Jesus in Hebrew tattooed on his side, and his dad got the same ink as well, accord-

ing to Celebuzz. He even held his son's hand when the younger Bieber had his done.

● METRO



Gossip Girl files suit

Gossip Girl star Leighton Meester is suing her mother for allegedly misusing money the actress had been sending home for the care of her brother, according to People magazine.

Instead, Constance Meester was allegedly using the \$7,500 a month for cosmetic procedures and other personal expenses.

"This whole thing's been really tough on Leighton," a source says.

"Her only concern has always been taking care of her brother."



► Leighton Meester

The suit claims that Constance threatened to sue Leighton for \$3 million if the actress didn't raise the monthly allowance to \$10,000. ● METRO

Kat Von D and Jesse James split

Jesse James and Kat Von D have called off their engagement, the L.A. Ink star confirmed on Twitter.

"I am no longer [with] Jesse, and out of respect for him, his family and myself, that's all the info I'd like to share," she posted.

James, though, was willing to share a bit more, telling People magazine, "I'm so sad because I really love her."

He claimed too much distance was the reason for the split.



► Jesse James and Kat Von D

The pair began dating shortly after James' divorce from Sandra Bullock was finalized. ● METRO

Arnold doesn't read the fine print

Arnold Schwarzenegger reportedly refiled divorce papers, with the new documents not blocking Maria Shriver's requests for spousal support and to have her attorney's fees covered, according to TMZ.

Sources say Schwarzenegger signed the initial response without reading it, not realizing his lawyers had moved to



► Arnold Schwarzenegger

block Shriver's requests. ● METRO

Celebrity tweets



"Thanks for all your support for Christopher. It means a lot to me & to him. He's doing much better & we'll have him back at full speed soon."



@schwarzenegger

"I thought America's debt crises might be exaggerated, but I opened up a fortune cookie the other night, and it said, 'We own you.'"

@GarryShandling



@1capplegate

"Men should Not wear jean shorts!..ever never ever never ever never!!!!!!"



@AlecBaldwin

"The older I get, the less young I feel."

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Hitting the slopes in summer

► Vancouver Island resort courts mountain bikers ► New trail, courses cater to beginners to help them get a piece of the action

For Manus, a 41-year-old mountain-bike rider, it's all about the adrenaline rush when he's tackling the downhill trails of Vancouver Island's Mount Washington.

Time slows, and Manus, who uses no last name, grows focused on the ever-changing landscape.

"Your environment is whipping by you at such hyper speed that you're just reacting to your environment," he said. "The adrenaline rush is out of this world."

Mount Washington hopes visitors, especially novice and beginner mountain bikers, want a piece of that action, too.

After all, whether it's winter or summer, Mount Washington is in the business of selling adrenaline. In a move to improve its summertime bottom line, the resort has added a beginners trail and lessons to its intermediate and expert mountain-bike attractions.

The mountain, which towers over the Comox Valley on the east coast of Vancouver Island, about an hour's drive north of the city of Nanaimo, is not alone. Around B.C., in places like Whistler and Sun Peaks, near Kamloops, ski resorts are selling downhill mountain-bike thrills to tourists.

Brent Curtain, director of public relations for Mount Washington Alpine Resort, said while hundreds of thousands of people visit his resort to ski and snowboard during the winter months, only

If you go

► **How to get there:** Mount Washington overlooks the Comox Valley, on Vancouver Island's east coast. It is accessible by car, bus, air and ferry.

► The bike park is open between 11 a.m. and 7:30 p.m. daily between July 15 and Sept. 5. The resort also provides rental bikes.

► For more information: mountwashington.ca

"thousands" of people patronize it during summer.

So the resort has opened its Green Line mountain-bike run, a 2.2 kilometre novice trail that's serviced by a high-speed chair lift. The trail takes riders down the mountain's western flank.

The Green Line joins a list of 15 other runs, boasting intimidating names like Monster Mile, Back in Black, Helter Skelter and the Evil Eye, and not-so-intimidating names like Quick N Dirty, Big Brother and Time Warp.

Riders can now tackle 37 kilometres of trails.

Instead of adding even more runs to its existing network of trails this year, the resort decided to open the Green Line and upgrade its existing runs, said Curtain.

It's also offering a learn-to-ride week between July 25 and July 29, in addition to events like the B.C. Provincial Cup Championships Aug. 13-14 and the female-only See Jane Jump



► Mountain bikes are transported on a chair lift to the top of Mount Washington.



► Cyclists pose at the top of Mount Washington.

competition, Aug. 20-21.

There's even a food and wine festival Aug. 26-27.

Jeremy Grasby, owner of the Riding Fool, a nearby hostel that's geared toward mountain bikers,

said the beginners trail and lessons are a must for the mountain.

He said while the resort has had a great reputation with intermediate and advanced riders, it has fallen

short with beginners.

"The rider that Mount Washington attracts is seeking adrenaline, as well as pushing the envelopes of their riding abilities."

THE CANADIAN PRESS

3

life

Cave tours



About 10,000 visitors to Horne Lake Caves Provincial Park take guided underground tours each year — but many others are too nervous to do so. An interpretive centre opening Aug. 9 will allow those nervous visitors to experience the site. British Columbia has more caves than all the other provinces combined — and Vancouver Island, with more than 1,400 known caves, has the highest concentration in B.C.

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Big Sur a haven for writers, musicians, artists inspired by history, Henry Miller.

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Hanging with the hipsters in Willie B.

► Food, flea markets and retro bowling are attracting visitors to Williamsburg — a hip Brooklyn neighbourhood

The Williamsburg section of Brooklyn has long been known as a working-class neighbourhood with a gritty industrial waterfront and ethnically diverse population ranging from Hispanic to Hasidic.

Today the neighbourhood's demographics include a third group that begins with H, for Hipster, and along with those trendy 20-somethings wearing porkpie hats and Chuck Taylor sneakers have come a slew of unique diversions that are starting to attract tourists.

But the attractions are not merely cute cafes and art galleries.

There are offbeat thrift shops, specialty food stores selling coffee and chocolate, a retro bowling alley with a bar, and restaurants ranging from the famous Peter Luger steakhouse (178 Broadway), established in 1887, to Diner, which serves high-end bistro fare like duck and polenta in a 1927 steel diner (85 Broadway).

Brooklyn Brewery, at 79 N. 11th St., located in a former matzoh factory, gets 1,500 to 2,000 people each weekend sipping suds in the shadow of their towering vats, and the brewery's



► A stall selling an eclectic variety of items at Brooklyn Flea, an outdoor flea market.

tours are also popular (brooklynbrewery.com).

Through Nov. 19-20, two of Williamsburg's biggest draws are being held weekends on a waterfront lot with spectacular views of Manhattan across the way.

On Saturdays, crowds

come out for Smorgasburg, a food festival, and on Sundays, they jam it in for Brooklyn Flea, a flea market that also includes a number of food vendors.

Brooklyn Flea has been around for a few years in other locations but this is its first season in

Williamsburg. Smorgasburg was created just this year. Food vendors sell everything from lobster rolls to frozen bananas, while finds at the flea market range from your very own Statue of Liberty to used bikes (brooklynflea.com/smorgasburg).

AP PHOTO/BETH HARPAZ



► The Buffalo Exchange buys, sells and trades secondhand clothing with customers.

AP PHOTO/BUFFALO EXCHANGE

"Every weekend that our market exists, it shifts more and more from the 95 per cent local folks we started out with toward what's getting closer to half Brooklynites and the other half a mix of people from other boroughs, regional, national and international tourists," said co-founder Eric Demby.

It's easy to reach Smorgasburg and Brooklyn Flea by subway — just take the L from Manhattan to the Bedford Avenue stop in Brooklyn and walk a few blocks to the East River between North Sixth and North Seventh streets. The waterfront location, Demby says, is beautiful, "as close to Manhattan as you

can get with this incredible view of the skyline, seabreezes and parks on either side of the market."

Josh Evans, 21, likes the two events so much that he can't stay away. "One weekend, I went to Smorgasburg on Saturday and then went back to Brooklyn Flea on Sunday," said Evans, who's living in Williamsburg for the summer while juggling several food-related internships.

Even before moving to the area, Evans had been visiting on weekends from New Haven, Conn., where he attends Yale University. He's been blogging about his food finds at hearthstrung.wordpress.com.

His favourites from



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► A bicyclist on the Williamsburg Bridge, which connects the Williamsburg section of Brooklyn with the Lower East Side section of Manhattan in New York.

Williamsburg

► **Like the locals:** Other spots in Williamsburg beloved by locals and visitors alike include vintage clothing shops like Buffalo Express, part of a chain that buys, sells and trades clothing with customers, at 504 Driggs Ave., and Beacon's Closet, 88 N. 11th St., whose devotees rave how the clothes are organized

► **Strike out:** A great place to hang out after dinner is The Gutter, 200 N. 14th St., an old-school bowling alley and bar located in what was once a manufacturing warehouse for comforters. The lanes were brought in from a defunct 1970s-era alley, and the bar is lit up by cool old signs for retro brands like Schlitz, but the

draft beer includes trendy selections like Chelsea Checker Cab Blonde and Smuttynose Robust Porter. At \$6 a game, the bowling is affordable by New York standards.

► **Where to stay:** Willie B, as locals sometimes half-jokingly call the area, even has its own boutique lodging, Hotel Le Jolie at 235 Meeker Ave.

Smorgasburg include Latin American vendors offering grilled corn on the cob and stuffed tortillas called pupusas, but he also likes the neighbourhood's brick-and-mortar establishments, from Blue Bottle Coffee (160 Berry St.) to Maison Premiere, an oyster bar (298 Bedford Ave.).

And 20-somethings aren't the only ones who feel that way. Howard Ko-

gan, 66, comes in from Hoboken, N.J., to enjoy the Williamsburg scene. He's a fan of Blue Bottle Coffee too, along with the barbecue at Fette Sau, 354 Metropolitan Ave., and Mast Brothers Chocolate, 105 N. Third St.

"What they do there is phenomenal," Kogan said of Mast Brothers Chocolate. "On weekends, there are tours where you can

watch them do their thing, and they'll have little plates out you can taste."

The tours show various stages of the chocolate-making process, "from bean to bar," as co-owner Rick Mast put it. The tours are \$10, Saturday and Sunday at 1 p.m.; reservations can be made at mastbrotherschocolate.com.

Kogan, who often visits the area with his son and



► Visitors sampling beer at the Brooklyn Brewery, located in a 150-year-old factory in Williamsburg.



► Relaxing on the waterfront where the Smorgasburg food fair takes place.

daughter-in-law, says the neighbourhood "makes a nice day trip. It's an adventure. It has unique things that are interesting."

He's even walked across the Williamsburg Bridge, which connects Brooklyn to Manhattan's Lower East Side.

Rates vary by date but start at around \$189 (hotellejolie.com).

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Drink of the week

Watermelon
Lemonade

Feel free to add frozen fruits to this recipe for an even thicker slushy-like drink.

- 1 l (4 cups) ice
- 1 l (4 cups) watermelon chunks
- 75 ml (1/3 cup) lemon juice
- 30 ml (2 tbsp) honey
- Pinch salt

In a blender, combine ingredients and purée until smooth. You may need to stop blender and stir ingredients once to ensure everything blends evenly. Serve.

THE ASSOCIATED PRESS



Dip into healthier snacking

► Dunk your favourite fruit into these unique citrus, chocolate or orchard spice flavours



MATTHEW MEAD/ THE ASSOCIATED PRESS

► This recipes takes just 25 minutes to make.

Maybe you need another idea for packing fibre and vitamins into your child's lunch without him or her complaining about taste.

Or perhaps you're looking for a way to convince yourself to eat more fruit — because even though it's good, that candy is so much better tasting.

Either way, making a dip (or three in this case) in which you can dunk your favourite fruit can make it a little more enticing, and a lot more fun.

In constructing a healthful dip for fruit that everyone in your family will love, the main problem lies in the base of the dip.

You want something that doesn't pile on the fat or sugar, but still is interesting enough that you want to dunk apples and strawberries in it.

We wanted to create a creamy base that could be easily flavoured with a variety of combinations.

For obvious reasons, the full-fat versions of cream cheese and sour cream were out. Greek-style yogurt has a great mouth feel and creaminess, but some people find it overwhelmingly tart.

So we opted to use low-fat cream cheese blended with non-fat Greek yogurt.

The result is creamy and luscious and is a perfect base for flavourings.

As a bonus, it's also a great way to get calcium.

Preparation:

- 1** In the bowl of a food processor, combine the non-fat Greek yogurt and low-fat cream cheese. Process them until completely smooth. Divide the mixture among 3 bowls.
- 2** Chocolate dipper: In a small bowl, mix together the cocoa powder, honey, cinnamon and milk until the mixture is completely smooth. Add it to one of the bowls of yogurt mixture and stir until it is smooth.
- 3** Citrus dipper: Stir both of the zests, honey and orange juice into one of the remaining bowls of the yogurt mixture.
- 4** Orchard Spice dipper: Stir the vanilla, butter rum extract, cinnamon, ginger, nutmeg, cloves and honey into the last bowl of yogurt and cream cheese mixture.
- 5** Serve your Chocolate, Citrus and Orchard Spice dips with cut-up wedges of apples, pears, peaches, berries, melon and your other favourite fruits.

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Shopping List:

Base

- 500 ml (2 cups) non-fat plain Greek-style yogurt

- 250 ml (8 oz) low-fat cream cheese

Chocolate

- 50 ml (1/4 cup) unsweetened cocoa powder

- 30 ml (2 tbsp) honey

- Pinch cinnamon

- 30 ml (2 tbsp) fat-free milk

Citrus

- Zest of 1/2 lemon

- Zest of 1/2 orange

- 30 ml (2 tbsp) honey

- 30 ml (2 tbsp) orange juice

Orchard Spice

- 15 ml (1 tbsp) vanilla extract

- 5 ml (1 tsp) butter rum extract

- 2 ml (1/2 tsp) cinnamon

- 1 ml (1/4 tsp) dry ginger

- Pinch ground nutmeg

- Pinch ground cloves

- 30 ml (2 tbsp) honey

A scholarship success story

STUDENT VOICE

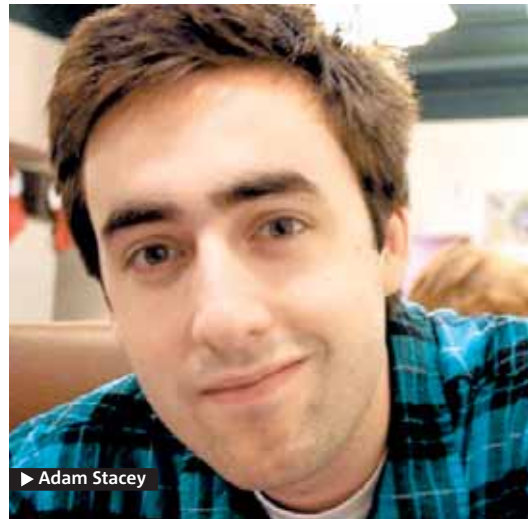
ADAM STACEY
TALENTEGG.CA

Being involved in my community has always been an important aspect of my life. However, it wasn't until my final year of high school that I realized just how beneficial my involvement would be.

In my grade 12 year I began applying for post-secondary scholarships. I described my extracurricular and volunteer activities in my applications and, eventually I found success.

I graduated with total scholarship offers of more than \$100,000. I was extremely proud to call myself a TD scholar, a National Millennium laureate, and a recipient of Nova Scotia's Premier's Power of Positive Change award.

These awards brought two awesome benefits: 1) I would leave university debt-free and, 2) I had guaranteed summer employment for the next four years. (Along with the scholarship money, TD scholars are offered full-time summer employment with the company in between school years.)



▶ Adam Stacey

Although I deeply appreciated the scholarship money, it was the offer of employment that proved most valuable.

My experiences thus far

with TD's summer employment program have been exceptional. In my first summer, I had the opportunity to work at any TD Canada Trust branch in the country. Working as a teller, I learned the business from the ground up.

Second, third and fourth summers are more flexible and can include working at TD's head office in Toronto, at one of TD's regional offices or at a non-profit organization.

After the four years, many of the scholars decide to stay on at TD, which speaks volumes about the company, the scholarship

and the summer program. Providing scholarship money to high school graduates for their post-secondary education is something companies have been doing for a long time. It's a nice way to give back to the community and amp up a corporate image.

Although any funding is appreciated by students, organizations are missing out if they aren't using their scholarship program as a means of recruitment. Employers should real-

ize that scholarship programs are an awesome way to give back to the community and build a pool of great potential employees.

My advice to students (high school, undergraduate or graduate!), is that you would be crazy not to apply for scholarships. There is so much untapped money out there. **TALANTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALANTEGG.CA.**

What I learned

Key take-away from Adam's experience:

- ▶ Do your homework. Research scholarships to find ones that match your skills, accomplishments and interests. Check out StudentAwards.com and ScholarshipsCanada.ca to have scholarships matched to you.

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Quoted



"I loved everything about the game and everything about the Red Wings. And that's why I'm going to miss it so much."

KRIS DRAPER, WHO OFFICIALLY RETIRED AS A RED WING YESTERDAY AFTER 20 NHL SEASONS. HE HELPED THE RED WINGS WIN FOUR STANLEY CUPS DURING HIS 17 SEASONS IN DETROIT.

► In London, Canada should have multiple medal threats in track and field, rowing, canoe/kayak, cycling, women's boxing, and women's wrestling



ROSS KINNAIRD/GETTY IMAGES

One year to go

Going for gold

Here are a few Canadian athletes to keep an eye on this time next year in London.



Paula Findlay
TRIATHLETE

Currently ranked No. 1 in the world.



Adam van Koeverden
PADDLER

Won silver in 2008.



Karen Cockburn
TRAMPOLINIST

Flag-bearer for 2008 closing ceremonies.



Priscilla Lopes-Schliep
HURDLER

Seven months pregnant.



Alex Despatie
DIVER

Won three golds at last Commonwealth Games.

A year out from the 2012 Olympic Games in London, Canada's summer athletes feel inspired by what their winter counterparts did at the 2010 Games in Vancouver and Whistler.

Wrestler Carol Huynh, who won gold in Beijing in 2008, followed the exploits of several winter athletes she knows personally.

"There were so many Canadian athletes who were successful there," Huynh says. "It was just an overall general great feeling for everybody."

"I was there for quite a bit of the Games. Just getting that feel, that energy in the air in Vancouver, that was just amazing. It kind of brought me back to what I experienced in Beijing."

The 2012 Olympics open July 27 and close Aug. 12.

Canada finished third in overall medals with 25 in Vancouver and Whistler, but set a Winter Games record with 14 gold.

The Summer Games goal of Own the Podium and the Canadian Olympic Committee isn't to win the overall medal count, which was the objective in 2010.

A more modest top-12 finish among the 200-odd participating countries in London is considered a realistic target for Canada.

"The reality is, certainly at the Summer Games, we won't 'own the podium,'" says OTP chief executive officer Alex Baumann. "We won't be No. 1 ... but we want to move up the ladder."

Canada was 19th at the 2004 Summer Games in Athens and finished tied for 14th in Beijing four years later.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	63	38	.624	—
New York	61	40	.604	2
Tampa Bay	53	48	.525	10
Toronto	51	52	.495	13
Baltimore	41	58	.414	21
CENTRAL DIVISION				
	W	L	Pct	GB
Detroit	55	48	.534	—
Cleveland	52	49	.515	2
Chicago	50	52	.490	4½
Minnesota	48	55	.466	7
Kansas City	43	60	.417	12
WEST DIVISION				
	W	L	Pct	GB
Texas	59	45	.567	—
Los Angeles	56	48	.538	3
Oakland	45	57	.441	13
Seattle	43	60	.417	15½

Last night's results

Baltimore 12 Toronto 4
Boston 13 Kansas City 9
Detroit 5 Chicago White Sox 4
L.A. Angels 2 Cleveland 1
Minnesota 9 Texas 8
N.Y. Yankees 4 Seattle 1
Tampa Bay at Oakland
Monday's results
Cleveland 3 L.A. Angels 2
N.Y. Yankees 10 Seattle 3
Kansas City 3 Boston 1 (14 inn.)
Texas 20 Minnesota 6
Chicago White Sox 6 Detroit 3
Oakland 7 Tampa Bay 5
Today's games
L.A. Angels (E.Santana 5-8) at Cleveland (D.Huff 1-0), 12:05 p.m.
Seattle (F.Hernandez 8-9) at N.Y. Yankees (P.Hughes 1-2), 1:05 p.m.
Detroit (Scherzer 11-5) at Chicago White Sox (Danks 3-8), 2:10 p.m.
Baltimore (Simon 2-3) at Toronto (R.Romero 7-9), 7:07 p.m.
Kansas City (Chen 5-3) at Boston (Lackey 8-8), 7:10 p.m.
Minnesota (Duensing 7-8) at Texas (C.Lewis 10-7), 8:05 p.m.
Tampa Bay (Shields 9-8) at Oakland (Cahill 8-9), 10:05 p.m.
Tomorrow's games
L.A. Angels at Detroit, 1:05 p.m.
Kansas City at Boston, 1:35 p.m.
Tampa Bay at Oakland, 3:35 p.m.
Baltimore at Toronto, 7:07 p.m.
Minnesota at Texas, 8:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
AdGonzalez, Bos	99	408	70	141	.346
MyYoung, Tex	101	403	50	134	.333
Bautista, Tor	91	321	76	106	.330
Kotchman, TB	86	289	25	94	.325
JhPeralta, Det	92	332	45	107	.322
VMartinez, Det	87	322	44	103	.320
Ellsbury, Bos	99	408	74	130	.319
McCabera, Det	102	353	69	111	.314
Konerko, ChW	98	357	47	110	.308
YEScobar, Tor	93	357	55	109	.305
HOME RUNS — Bautista, Toronto, 31; Granderson, New York, 27; Teixeira, New York, 27; Konerko, Chicago, 23; N.Cruz, Texas, 22; McCabera, Detroit, 21; Mar-Reynolds, Baltimore, 21.					
PITCHING — Sabathia, New York, 14-5; Weaver, Los Angeles, 13-4; Verlander, Detroit, 13-5; Tomlin, Cleveland, 11-4; Scherzer, Detroit, 11-5; 6 tied at 10.					

Not including last night's games

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Philadelphia	65	37	.637	—
Atlanta	59	44	.573	6½
New York	52	51	.505	13½
Florida	50	53	.485	15½
Washington	49	53	.480	16
CENTRAL DIVISION				
	W	L	Pct	GB
St. Louis	55	48	.534	—
Pittsburgh	53	47	.530	½
Milwaukee	55	49	.529	½
Cincinnati	50	53	.485	5
Chicago	42	61	.408	13
Houston	33	70	.320	22
WEST DIVISION				
	W	L	Pct	GB
San Francisco	59	44	.573	—
Arizona	55	47	.539	3½
Colorado	48	55	.466	11
Los Angeles	46	56	.451	12½
San Diego	45	58	.437	14

Last night's results

Florida 11, Washington 2
Philadelphia 7, San Francisco 2
N.Y. Mets 8, Cincinnati 6
Pittsburgh at Atlanta, 7:10 p.m.
Milwaukee 3, Chicago Cubs 2
St. Louis 3, Houston 1
Arizona at San Diego
Colorado at L.A. Dodgers
Monday's results
San Diego 5 Philadelphia 4
N.Y. Mets 4 Cincinnati 2
Pittsburgh 3 Atlanta 1
St. Louis 10 Houston 5
L.A. Dodgers 8 Colorado 5
Tonight's games
Florida (Vazquez 6-9) at Washington (L.Hernandez 5-9), 7:05 p.m.
San Francisco (Cain 8-6) at Philadelphia (Hamels 12-5), 7:05 p.m.
N.Y. Mets (Pelfrey 5-9) at Cincinnati (Arroyo 7-8), 7:10 p.m.
Pittsburgh (Maholm 6-10) at Atlanta (Jur-rjens 12-3), 7:10 p.m.
Chicago Cubs (Zambrano 7-5) at Milwaukee (Greinke 7-4), 8:10 p.m.
Houston (Norris 5-7) at St. Louis (C.Carpenter 6-7), 8:15 p.m.
Arizona (L.Kennedy 11-3) at San Diego (Lue-bke 3-4), 10:05 p.m.
Colorado (A.Cook 1-5) at L.A. Dodgers (Kuroda 6-12), 10:10 p.m.
Tomorrow's games
Florida at Washington, 12:35 p.m.
N.Y. Mets at Cincinnati, 12:35 p.m.
Chicago Cubs at Milwaukee, 2:10 p.m.
Arizona at San Diego, 3:35 p.m.
San Francisco at Philadelphia, 7:05 p.m.
Pittsburgh at Atlanta, 7:10 p.m.
Houston at St. Louis, 8:15 p.m.

NL LEADERS

	G	AB	R	H	Avg.
JosReyes, NYM	87	385	74	135	.351
Braun, Mil	92	336	62	108	.321
Helton, Col	91	305	44	96	.315
Volto, Cin	101	373	61	117	.314
Morse, Wash	90	307	44	96	.313
Kemp, LAD	102	367	61	114	.311
Holliday, STL	77	274	50	85	.310
Pence, Hou	96	389	48	120	.308
DanMurphy, NYM	98	351	41	108	.308
McCann, Atl	90	328	42	100	.305

Not including last night's games

ORIOLES 12, BLUE JAYS 4

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
Hardy ss	5	2	2	4	YEscor ss	4	1	2	0
Marks rf	5	1	1	0	ETHms rf	4	0	0	0
AdJons cf	5	0	2	0	Bautist 3b	1	0	0	0
Guerrr dh	5	1	1	0	JMcDnl pr-3b	3	1	0	0
Wieters c	4	2	1	0	Lind lb	4	1	1	3
D.Lee 1b	5	2	4	5	Encnc dh	4	0	1	0
MrRynl 3b	4	0	1	0	Snider cf	4	0	1	0
Reimld lf	5	2	2	1	A.Hill 2b	4	1	2	1
Andino 2b	5	2	2	1	CPttrsn lf	4	0	1	0
JMolin c	4	0	1	0					
Totals	43	12	16	12	Totals	36	4	9	4
Baltimore	022	330	020	12	Baltimore	003	100	000	4

E—Arrieta (3), Morrow (2). LOB—Baltimore 8, Toronto 9. 2B—D.Lee (14), Mar.Reynolds (19), Reimold (4), Andino (9). HR—Hardy 2 (16), D.Lee (11), Reimold (6), Lind (19), A.Hill (5). SB—Ad-Jones (8), C.Patterson (13). SF—Hardy.

SOCCER

MLS

Tonight's game
All Times Eastern
ALL-STAR GAME
At Harrison, N.J.
Manchester U. (Eng.) at MLS All-stars, 8:30 pm
Friday's game
Colorado at Philadelphia, 7:30 p.m.

UEFA

CHAMPIONS LEAGUE

Yesterday's results
Rubin Kazan (Russia) 2 Dynamo Kyiv (Ukraine) 0
FC Twente (Netherlands) 2 Vaslui (Romania) 0
Champions Route
APOEL (Cyprus) 0 Slovan Bratislava (Slovakia) 0
Ekranas (Lithuania) 0 BATE Borisov (Belarus) 0
Wisla Krakow (Poland) 2 Litex Lovech (Bulgaria) 1
Genk (Belgium) 2 Partizan (Serbia) 1
Malmo (Sweden) 1 Rangers (Scotland) 0
Zestafoni (Georgia) 1 Sturm Graz (Austria) 1

EUROPA LEAGUE

Yesterday's result
Bnei Yehuda 1 Helsingborg 0

CONCACAF

CHAMPIONS LEAGUE

San Francisco 1 Seattle Sounders FC 0
Herediano 8 Alpha United 0

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	4	3	1	0	133	95	6
Winnipeg	4	3	1	0	99	77	6
Hamilton	4	2	2	0	98	86	4
Toronto	4	1	3	0	80	116	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	4	4	0	0	127	74	8
Calgary	4	2	2	0	95	99	4
Saskatchewan	4	1	3	0	83	138	2
B.C.	4	0	4	0	106	136	0

WEEK FOUR

Sunday's result

Saskatchewan 27 Montreal 24

WEEK FIVE

Tomorrow's game

All times Eastern

B.C. at Winnipeg, 8 p.m.

Friday's games

Montreal at Hamilton, 6:30 p.m.

Toronto at Edmonton, 9:30 p.m.

Saturday's game

Calgary at Saskatchewan, 9:30 p.m.

WEEK SIX

Thursday, Aug. 4

Montreal at Toronto, 7:30 p.m.

Friday, Aug. 5

Edmonton at Winnipeg, 7:30 p.m.

Saskatchewan at B.C., 10:30 p.m.

Saturday, Aug. 6

Hamilton at Calgary, 9:30 p.m.

GOLF

WEEKEND GLANCE

LPGA TOUR/LADIES' GOLF UNION

WOMEN'S BRITISH OPEN

Site: Carnoustie, Scotland.

Schedule: Tomorrow-Sunday.

On the Net: www.ricohwomensbritishopen.com

LPGA Tour site: www.lpga.com

Ladies' Golf Union site: www.lgu.org

Ladies European Tour site:

www.ladieseuropeantour.com

PGA TOUR

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Site: White Sulphur Springs, W.Va.

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Online: www.pgatour.com

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Site: Toledo, Ohio.

Schedule: Tomorrow-Sunday.

Online: www.usga.org

Champions Tour site: www.pgatour.com

EUROPEAN TOUR

IRISH OPEN

Site: Killarney, Ireland.

Schedule: Tomorrow-Sunday.

Online: www.europeantour.com

NATIONWIDE TOUR

UTAH CHAMPIONSHIP

Site: Sandy, Utah.

Schedule: Tomorrow-Sunday.

Online: www.pgatour.com

ACTIVITY

BASEBALL

MAJOR LEAGUE BASEBALL N Suspended San Francisco bench coach Ron Wotus one game for his inappropriate actions during Saturday's game against Milwaukee.

AMERICAN LEAGUE

BALTIMORE ORIOLES — Activated DH Vladimir Guerrero from the 15-day DL. Optioned RHP Mark Worrell to Norfolk (IL). BOSTON RED SOX — Placed OF J.D. Drew on the 15-day DL, retroactive to July 20. Recalled INF Drew Sutton from Pawtucket (IL). NEW YORK YANKEES — Activated 3B Eric Chavez from the 60-day DL. Optioned INF Brandon Laird to Scranton/Wilkes-Barre (IL).

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Reinstated RHP J.J. Putz from the 15-day DL. Selected the contract of OF Collin Cowgill from Reno (PCL). Placed INF Geoff Blum on the 15-day DL, retroactive to July 25. PHILADELPHIA PHILLIES — Assigned RHP Tyson Brummett from Lehigh Valley (IL) to Reading (EL). SAN DIEGO PADRES — Recalled RHP Pat Neshek and C Luis Martinez from Tucson (PCL). Optioned C Kyle Phillips to Tucson. Placed RHP Ernesto Frieri on the paternity leave list.

FOOTBALL

NFL

CAROLINA PANTHERS — Agreed to terms with S Kevin Payne on a one-year contract. CHICAGO BEARS — Agreed to terms with TE Kyle Adams, LB Tressor Baptiste, C JC Brignone, CB Antarels Bryan, DT Corbin Bryant, WR Travis Cobb, T Josh Davis, G Ricky Henry, CB Mike Holmes, RB Robert Hughes, CB Ryan Jones, C Alex Linnenkohl, DT Jordan Miller, LB Deron Minor, DT Sean Murnane, TE Andre Smith, S Winston Venable, S Anthony Walters, WR Jimmy Young, WR Kris Adams, DE Mario Addison, LB Tanner Antle, LB Dom DeCicco, P Spencer Lanning, WR Dane Sanzen-backer and QB Trevor Vittatoe. INDIANAPOLIS COLTS — Announced they are relinquishing the rights to RB Mike Hart, DB Mike Richardson, TE Gijon Robinson, TE Tom Santi and DB Jamie Silva. JACKSONVILLE JAGUARS — Agreed to terms with WR Armon Binns, OT Cameron Bradford, CB Cole Brodie, LB JoJo Dickson, WR Greg Ellingson, S Matt Estrada, TE Tommy Gallarda, LB Eric Gordon, G Brandon Harper, RB DuJuan Harris, CB T.J. Heath, WR Dontrelle Inman, CB Jalil Johnson, LB Michael Lockley, LB Scott Lutruss, TE Kyle Miller, RB Richard Murphy, WR Jamar Newsome, DE Odrick Ray, QB Scott Rid-die, CB Kevin Rutland, P Brian Saunders, DE Marc Schiechl and G Troy White. NEW YORK GIANTS — Signed LB Mark Herz-lich. SEATTLE SEAHAWKS — Agreed to terms with DT Ladi Ajiboye, DE Pierre Allen, WR Doug Baldwin, FB Dorsan Boyce, DE Jarrett Crittenton, P John Odo, CB Jesse Hoffman, G Michael Huey, T Zach Hurd, S Jeron Johnson, QB Zach Lee, WR Ricardo Lockette, LB Deron Minor, LB Mike Morgan, G/C Brent Osborne, CB Ron Parker, QB Josh Portis, S Rickey Tenearse and TE Ryan Travis. TENNESSEE TITANS — Agreed to terms with LB Jonathan Cornell, P Chad Cunningham, TE

Cameron Graham, G Thomas Gray, FB Patrick Hill, WR Joseph Hills, DE Julian Hartsell, G An-quez Jackson, WR James Kirkendoll, CB Lequan Lewis, WR Orentha Murdock, WR Michael Preston, WR Owen Spencer and LS/LB John Stokes, Vanderbilt.

HOCKEY

NHL

DETROIT RED WINGS — Announce the retire-ment of C Kris Draper. NASHVILLE PREDATORS — Signed C Craig Smith to a two-year contract. PITTSBURGH PENGUINS — Signed F Jason Williams to a one-year contract. WINNIPEG JETS — Agreed to terms with C Ivan Telegin.

TENNIS

WTA-BANK OF THE WEST CLASSIC

At Stanford, Calif

Yesterday's results

Singles — First Round

Maria Kirilenko, Russia, def. Julia Goerges (6), Germany, 6-2, 6-3.
Ayumi Morita, Japan, def. Ana Ivanovic (7), Serbia, 6-3, 7-5.
Sabine Lisicki, Germany, def. Simona Halep, Romania, 6-1, 6-2.
Marina Erakovic, New Zealand, def. Sofia Arvidsson, Sweden, 6-2, 6-1.
Urszula Radwanska, Poland, def. Olga Savchuk, Ukraine, 6-4, 6-2.
Daniela Hantuchova, Slovakia, def. Rika Fuji-wara, Japan, 6-0, 6-2.

ATP-STUDENA CROATIA OPEN

At Umag, Croatia

Yesterday's results

Singles — First Round

Tommy Robredo (5), Spain, def. Ruben Ramirez Hidalgo, Spain, 6-3, 6-2.
Fabio Fognini (6), Italy, def. Rui Machado, Portugal, 6-4, 6-3.
Andreas Seppi (7), Italy, def. Dusan Lajovic, Serbia, 6-4, 6-2.
Potito Starace, Italy, def. Thiemo de Bakker, Netherlands, 6-7 (5), 6-2, 6-1.
Robin Haase, Netherlands, def. Simone Vagnozzi, Italy, 3-6, 6-3, 6-1.
Juan Carlos Ferrero, Spain, def. Maximo Gon-zalez, Argentina, 3-6, 6-3, 1-1, retired.
Filippo

[illegible]

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- City: 12.2L/100 KM (23 MPG)[†]



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Body changes

Visually, the 200 has been treated to a mostly new front end, including a cleaner-looking grille and hood.

The front fenders contain a contemporary set of projector-style headlamps and fog lights with Light Emitting Diode (LED) accents. There are also new fenders and LED taillights in back.

These changes are quite typical of the updates that many vehicles go through at the mid-point of their production cycles.

Interior

All is well, or at least better, on the inside now that Chrysler's designers have tossed out many of the car's hard-plastic panels and trim pieces.

The centrepiece is an all-new soft-touch instrument panel along with a clearly classier steering wheel.

Additionally, the armrests have soft-touch coverings and the seats are now better bolstered and have improved coverings.

Engine

The 200 convertible shares the same engine/transmission choices as the sedan. A 173-horsepower 2.4-litre four-cylinder that originated from last year's Sebring is standard on the base 200 LX.

The real star of the show is the new 283-horsepower 3.6-litre "Pentastar" V6 that replaces the previous 186-horsepower 2.7-litre V6 and the 235-horsepower 3.5-litre V6.



► Although it still looks very much like the previous Sebring, the styling updates tend to smooth things out. New LED lighting is in vogue, too. The optional V6 is rated to provide similar fuel economy to the four-cylinder.

Soak up some affordable summer fun



MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

Some like it hot, and if you do, then a two-door car that turns into a convertible is likely a cool thing.

The good news is that you don't have to drop big coin for a rolling hair dry-

er. The even better news is that this year's crop of contenders is hot stuff. Just take a look at the 2011 Chrysler 200.

The car has risen Phoenix-like from the ashes of what was better known until recently as the Sebring.

And although the basic

structure has been carried over, there have been a number of significant upgrades to improve the mid-size model's overall performance and create a more elegant appearance, both inside and out.

The updating of the Se-

bring-cum-200 wasn't too long overdue since the current body style has only been around since the 2008 model year. But the adjustments and name change were deemed as vital to reinvigorating the Chrysler brand by the

automaker's Fiat-based management that now runs the show.

The 200 convertible is 100 per cent about soaking up some relatively affordable summer fun for up to four passengers, heading to the beach or simply cruising in high style.

BASE PRICE:
\$31,500



By comparison

Ford Mustang

Base price: \$33,000
Classic design with muscular V6 and V8. GT500 model really sizzles.

Mitsubishi Eclipse

Base price: \$32,100
High-style ragtop has great looks, but I4 and optional V6 lack punch.

Audi A5 Cabriolet

Base price: \$58,500
A premium ragtop with a perky turbo I4. S5 version's V6 puts out 333 hp.

WHEELBASE MEDIA



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GM TAPS SILICON VALLEY TECH, AND CULTURE

AUTO PILOT



MIKE GOETZ
DRIVE
@METRONEWS.CA

California's Silicon Valley looks pretty much the way I pictured it.

A more-lush version of a typical industrial mall. A-type "types" bicycling madly during their lunch hours, on a network of bicycle lanes, their racing helmets barely containing their immense heads, which were actually glowing with activity.

A group of us auto scribes were in the area, to visit GM's Advanced Technology Silicon Valley Office (ATSVO), as part of a press preview for the new Buick LaCrosse eAssist (a new, mild hybrid).

GM set up the shop about five years ago, to be the automaker's "eyes and ears on the ground" in Silicon Valley.

It's a small place, with a small team — about 10 scientists and business managers with various backgrounds.

The man who heads up the team, Bryon Shaw, told us that the building reflects its mandate to forge relationships with its famous Silicon Valley neighbours, like Apple, Google, Cisco,

Hewlett-Packard, NeuroSky, Nokia, SoundHound, MAD Maps, Digitario, and StratosAudio.

Those firms are not only known for their success, but also for their collaborative processes.

To grease the wheels of collaboration many adopt an interior design concept known as "caves and commons."

"Common areas are where you have teams of people working together, collaboratively, so everyone knows what is going on, and you don't have silos of information," said Shaw.

"This leads to faster development cycles, but sometimes you need to think... Common areas are noisy. Cave areas are where you can retract into and get your hard thinking done." (This reminds me of one of my favourite bumper stickers: "Ever stop to think and forget to start again.")

Big Silicon Valley firms also have many, many conference rooms, which are typically booked the entire workday.

"But when you peak in, you see only one person in that room, on the phone to a globally distributed team," noted Shaw.

"So we said how do make that work in a more space efficient way... That's why we have these 'phone booths', which are conference rooms for one person."

When ATSVO staff need to liaison with someone down the street, or across the globe, everything they need to get that done can be found in the blue booth — small desk, phone, inter-

net connection, privacy, and good acoustics.

Not surprisingly, one focus of the team is incorporating connectivity and more electronic goodness into our vehicles.

Two of its more interesting advancements were developing Wi-Fi coverage to vehicle occupants while

moving at highway speeds (not yet available in Canada), and personalized audio cues for the new Chevrolet Volt.

One concept the team is considering is a forward-looking camera on your vehicle, which can share "real time" images with your friends on Facebook.

RELIVE YOUR FAVOURITE CANADIAN ROAD TRIP FOR A CHANCE TO WIN \$1,000 OF SHELL FUEL.

To enter, just submit an essay describing your favourite Canadian road trip in 250 words or less. Simply visit www.shell.ca/favouriteroadtrip for details. Contest runs from June 22 to August 29, 2011. Three winners will each receive \$1,000 of Shell fuel.

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Designing an interior means form and function

DRIVING FORCE

JILL McINTOSH
DRIVE@METRONEWS.CA

A huge amount of work goes into designing a vehicle, but it's far more than just the exterior appearance. The inside requires just as much attention, covering everything from how it looks to its integration with important safety features.

For Mercedes-Benz, the interior of the redesigned 2012 M-Class SUV started with sketches at the company's design headquarters in Sindelfingen, Germany.

The designers also use computer models and then full-size clay mockups to determine what the new vehicle will use.

"It takes a long time," says Marina Sacco, an interior trim designer specializing in colour and materials.

"We started a few years ago and have continued to

improve it."

The design follows a basic theme that Mercedes-Benz reserves for its SUVs: the dash must have strong horizontal lines to give the feeling of spaciousness, while a dome over the centre stack controls hints at the engine's power. The materials, meanwhile, convey a "welcome home" feeling, with soft-touch surfaces and wood highlights. It isn't enough to simply use home-style materials, though.

"The colours and materials have to work in all temperatures, whether very hot or very cold," Sacco says.

"The leather must function, the plastic must function, and it can't discolour. Everything has to stay as it is on the first day."

To that end, everything that goes into the interior is thoroughly tested. Each material is placed under simulated sunshine, and in cold and heat extremes to ensure that it doesn't peel, become brittle or fade.

It's also very important that the final design and the materials used look like they belong in a Mercedes, Sacco says.

"Most customers don't like screaming colours," she says. "People like black, brown, beige and grey. Sports cars are allowed a little bit of red, but on a car like this (M-Class), it's nice to have natural colours. This is about driving the car and going to the outdoors."

Authenticity of the materials is also important, and

for the new model, the company has introduced an optional trim design that includes unfinished, open-grain wood.

"You can feel the structure of the grain on it," Sacco says, which is very important.

It seems that, although Mercedes-Benz uses only real wood in the M-Class, some customers complained that their passengers thought the high-gloss version was actually made of plastic.

Plan before the plunge

► Read on for some tips for buying a boat online

NEWS CANADA



► Sea-Doo, Bayliner, Sea Ray and Lund are often recognized as four of the top boat brands.

If you're considering buying a boat online to set sail this summer, make sure you are properly prepared before taking the plunge.

First-time buyers, who represent about two out of five boat shoppers according to a 2010 autotrader.ca survey, have all the more reason to research their purchase.

The following tips will help interested buyers learn the ropes of purchasing a boat.

Go online before you go onboard

Even if you feel you know boats or perhaps grew up

with them, take some time to learn the latest about new styles, brands and technology.

Make a wish-list

Buyers usually consider four brands of boats when looking online. Sea-Doo, Bayliner, Sea Ray and Lund are top online searches on sites like autotrader.ca, so identify what you like and remember to keep an open mind.

Safety First

If you haven't sailed for a while, make sure you're aware of current safety and licensing regulations.

Service Canada and Transport Canada offer excellent, up-to-date boating information.

Register for pleasure

Every pleasure craft, whether new or used, with 10 horsepower or more must have a registered licence number displayed on the bow. Motor boats should have a Hull Serial Number (HIN) and a Transport Canada compliance notice. Ideally, boats should also be certified by an independent surveyor — ask your local marine club or store to find a resource. **NEWS CANADA**

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Collision Estimator	13 weeks	\$36-60k/yr
Service Advisor	13 weeks	\$36-\$60k/yr
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2011 ROGUE S	OWN FOR \$151/BW	\$23,798	SAVE \$1,500
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Two seasons: Winter and construction

► Remember to keep a watchful eye on your car with the arrival of the dreaded construction season

Summer is the main season for road construction, which means there's a good chance you'll hit a bump or two, or come across loose stones and other hazards associated with construction zones.

These road conditions can be tough on a vehicle's steering and suspension systems and can throw out the alignment, while loose stones have the potential to damage the vehicle's exterior or windshield.

The symptoms of steering and suspension or wheel alignment problems are uneven tire wear, pulling to one side, noise and vibration while cornering or loss of control.

The main parts of the systems are shocks and/or

\$10B

Research shows that there is \$10 billion worth of vehicle maintenance and repair being neglected by Canadian consumers. Neglected vehicle care almost always means much higher costs down the line, either in the form of more extensive repairs or lost resale value.

struts, the steering knuckle, ball joints, the steering rack/box, bearings, seals or hub units, and tie rod ends.

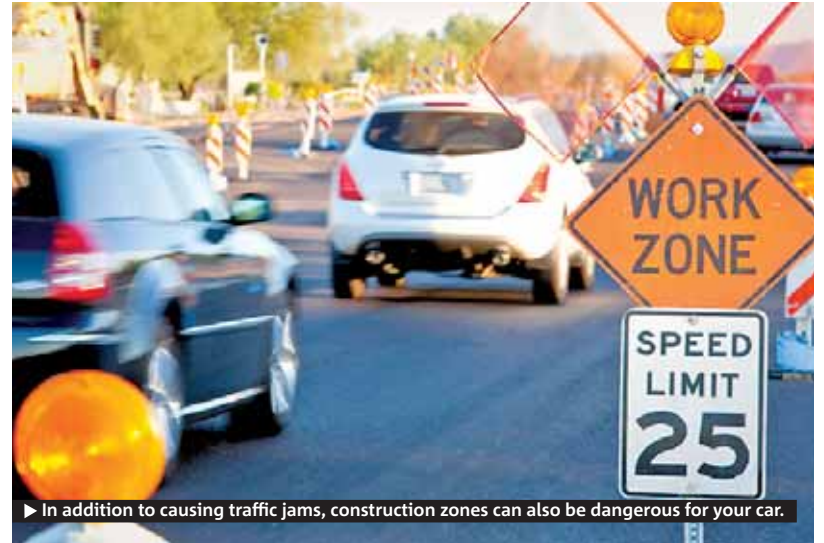
Motorists should have

their vehicles checked out immediately if any of these symptoms exist, as steering and suspension systems are key safety-related components and largely determine the car's ride and handling.

Regardless of road conditions, these systems should be checked annually and a wheel alignment should be performed at the same time.

Motorists also should do frequent visual checks of their vehicle's exterior and windshield to identify any chips, dings or cracks. These are small problems that can become costly repairs and safety hazards if they aren't taken care of immediately.

"Even the most careful



► In addition to causing traffic jams, construction zones can also be dangerous for your car.

driver, who is travelling slowly and carefully through a work zone, can hit an unexpected bump or other road hazards,"

said Patty Kettles, manager, marketing and communications, Be Car Care Aware Canada.

"The key is to pay atten-

tion to your car and if you think there's a problem, have it taken care of as soon as possible."

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All payments are based on a 72 month term, bi-weekly payments, \$0 Down, 6.49% interest rate.

A rare and well-loved retro street rod

► Model: 1997 to 2002 Plymouth Prowler ► Vehicle Type: Roadster

SECOND GEAR



JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Plymouth brand bit the dust some years ago — but it's departure from existence did leave one of the world's most interesting and rare sports cars in its wake.

The Plymouth Prowler was a two-seat, uber-retro street rod convertible sold in 1997, and 1999 through 2002. Unlike other Plymouth models, the Prowler was its own car — not a rebadged variant of some other Chrysler, Dodge or Eagle product.

Prowler launched with a manually-operated cloth-top roof, 214-horsepower V6 engine and rear-wheel drive. After a break from

the market for 1998, Chrysler updated the 1999 model with a new 253-horsepower V6 engine. All models got a four-speed "AutoStick" automatic transmission.

Feature content included an Infinity CD changer audio system, air conditioning, cruise control, power accessories and leather seats.

An auto-dimming rearview mirror and leather-trimmed accents were also on board.

What Owners Like

- Exclusivity is the largest draw to the Prowler, according to most owners.
- Production was extremely limited, and few cars turn heads this well.
- Fun to drive handling, dynamics, relative performance and a relatively comfortable ride are also highly rated.

What they dislike

- Owner complaints include limited visibility, tight entry and exit with the roof up, road noise and limited practicality.
- Prowler also had very limited trunk space and limited width to accommodate wide-legged occupants.



Check out Justin's video car reviews online at youtube.com/mr2pritch.

Common issues

- Given the Prowler's limited sales volume and relatively tiny online owner's community, reliability-related information is sparse. Some issues have surfaced with the factory stereo system, including hissing, static or blown speakers.
- Premature suspension wear may also be a concern — so be sure to listen for any popping or clunking sounds on a test-drive that could indicate a worn-out component.
- Check power windows for proper operation in both directions, be sure the air conditioner works properly, and note any damaged or missing interior trim panels.
- Prowler's driveline appears to be fairly solid and problem free, though the 3.5-

Verdict

Though information is limited, a used Plymouth Prowler appears to be a fairly reliable, albeit extremely rare, used sports car buy.

Shoppers set on owning a Prowler and able to locate a unit for sale are advised to make an appointment with a nearby Chrysler dealership for an inspection.

A well-maintained unit with full service records that's familiar to a Chrysler dealership is the safest bet.

litre engine did suffer from occasional sensor problems in other applications.

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[†]Limited time financing offer on all Honda Certified Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.04 for a total obligation of \$10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires July 31, 2011.

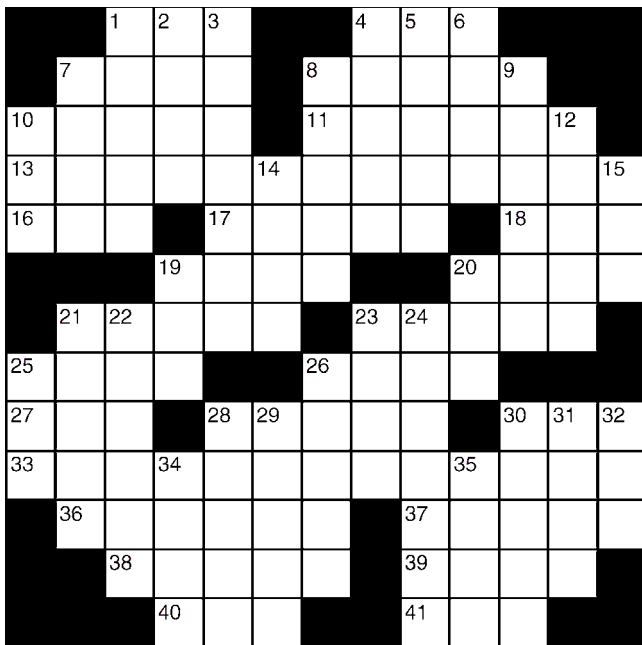
Crossword

Across

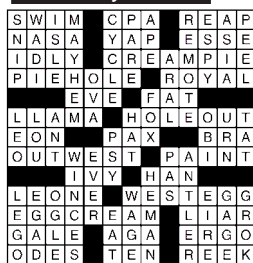
1 "Weird Al" Yankovic song composed solely of palindromes
4 Airport org.
7 Comical Carvey
8 Finnish bath
10 Nip
11 Root vegetable
13 Glimpse
16 Franken and Gore
17 Necessities
18 Victory
19 Long cut
20 Carry on
21 Explosion
23 Baby kangaroos
25 Fedora feature
26 Praise to the skies
27 Really long time
28 Adjust
30 Tikkanen of hockey
33 Horripilated
36 "Heavens!"
37 Crook's pseudo-nym
38 Near-quiet
39 Welshman or Scot
40 Slight amount
41 Crucial

Down

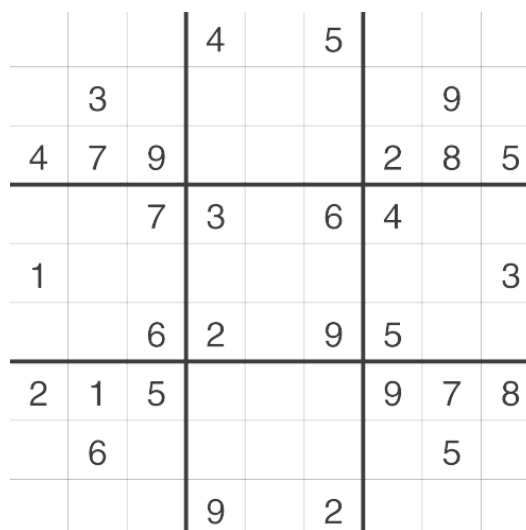
1 Model Tyra
2 Formerly
3 Nassau's island group
4 Challenge mockingly
5 Irrational numbers
6 Heche or Hathaway
7 Rotary phone part
8 Hide
9 Pilot's route
10 Sch. group
12 Aspirin targets
14 Sudden rush of wind
15 Potent stick
19 Group of whales
20 Scarlet
21 Meditate gloomily
22 Window frame part
23 Scoff
24 Rural area of Australia
25 Plead
26 Surgery tool
28 Heart line?



Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

3	6	8	4	2	9	7	5	1
2	5	9	7	1	8	6	3	4
7	4	1	3	5	6	2	9	8
4	8	3	1	7	2	5	6	9
1	9	7	6	4	5	8	2	3
6	2	5	8	9	3	4	1	7
5	7	4	2	3	1	9	8	6
9	3	6	5	8	4	1	7	2
8	1	2	9	6	7	3	4	5

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 11° Max 18°	Min 10° Max 22°	Min 11° Max 24°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 People won't like your latest big idea – not because the idea is no good but because they are jealous.

♉ Taurus April 21-May 21 You could easily fall out with a friend over something that is quite trivial.

♊ Gemini May 22-June 21 Tie up any and all loose ends and get ready for the good things that will soon be coming your way.

♋ Cancer June 22-July 22 Do what feels right and if it upsets others, well that's their problem. Be a rebel, and be proud of it.

♌ Leo July 23-Aug. 23 You are not the sort to hold back if something needs to be said. And sometimes, you must expect a backlash.

♍ Virgo Aug. 24-Sept. 22 Believe in yourself and what you are. Your future success depends on it.

♎ Libra Sept. 23-Oct. 23 If you don't like the way certain things are being done, you must speak up. You can't shirk responsibility.

♏ Scorpio Oct. 24-Nov. 22 Use your powers of persuasion (no, not twisting arms!) to get other people to do the hard stuff for you today.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21 Make it your aim today to paint a more accurate picture of yourself in the eyes of the world.

♑ Capricorn Dec. 22-Jan. 20 The cosmic picture urges you to be truthful. Say what comes to mind.

♒ Aquarius Jan. 21-Feb. 18 Get out and about and meet as many new people as you possibly can. Smile at strangers and chat.

♓ Pisces Feb. 19-March 20. You aren't afraid to change your opinions in the light of new info. Keep that in mind. **SALLY BROMPTON**

Caption contest



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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JULY 29, 30, 31

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